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# The Acorn Angle...

July 2009, box #6



## What's Fresh? How do I prepare it?

### BLUEBERRIES

Our partners, Bill & Jane grow these delicious berries.

- Enjoy a handful as a quick snack.
- Make blueberry pancakes.
- Add to a smoothie (recipe on back).

### CARROTS

- Add to mashed potatoes (recipe on back).
- Wash, dry, and store in a plastic bag in the refrigerator for several weeks.

### KOHLRABI

The kohlrabi bulb grows above ground and is simply a swollen stem of the plant. Kohlrabi has a fresh, mild taste and can be enjoyed raw or cooked.

- Peel kohlrabi and cut into cubes, boil or steam until tender. Try it plain or top with butter, lemon juice, or fresh dill.
- Peel kohlrabi and slice into sticks. Enjoy alone as a raw veggie treat or with a dip.

### LETTUCE

- Enjoy a large salad topped with any of the following: cottage cheese, chickpeas, chicken, craisins, blue cheese, hard-boiled egg, or a homemade salad dressing.

### ONIONS

These onions have not been cured (dried), so they will keep best in the refrigerator.

### POTATOES

The skin of the potato can and should be eaten to maximize available minerals. I do not recommend eating the skin of non-organic potatoes.

- Roast potatoes on the grill, in a grilling pan, or wrapped in foil.

### HERB - DILL

- Add fresh, chopped dill to a salad.
- Sprinkle chopped dill on cooked potatoes, other vegetables or fish.

Wrap in a paper towel and store in a plastic bag in the refrigerator for a week.

Hello!

We are now going on five weeks without any significant rainfall. Our plants are in much need of moisture. We are able to water some of the plants, but only a fraction of our total crops. It is time for a serious rain dance!

The weekly bounty that you enjoy is made possible by the labor and love of many different people. Our farm has been in the Niedfeldt family for over 100 years. We have a diversified farm, growing fresh produce crops, flowers, corn, alfalfa, oats, and we raise cattle and chickens. My dad, Jerry and mom, Connie live and work on the farm. I am a 4th generation farmer. I live in Black River Falls with my husband, Eric and son, Owen. My sister, Jacey and her husband, Ric and two kids, Breck and Joelle live in Waukesha and visit the farm often to help with many aspects of planting and harvesting. We have four employees who help with day to day farm work, and at the Cameron Park Farmer's Market.

We also have partners, Bill and Jane who grow a few specialty crops for us. They are certified organic under our certificate, and have been growing great produce for us for the last few years. Bill and Jane live about five miles from us in a valley with terrific soil. They have a lovely orchard, and great blueberry patch. This week's berries, carrots, and some of the lettuce came from their garden. Cross your fingers for favorable weather the remainder of this summer, and you will get a chance to enjoy their fresh, crisp apples in your CSA box.

Our farm wouldn't be what it is without the labor and love of many people - including YOU! Thank you for supporting our family farm with your CSA membership.

Happy eating!  
~Kyle, CSA Manager  
608.386.8066

### In addition to great produce our farm offers:

- EGGS: \$2.00/dozen
- BEEF: see website for prices
- CHICKEN: now available! Frozen, whole, all-natural chicken (cage-free, fed organic grain, and veggies). 5-7 lbs. \$2.50/lb.

If you are interested, please call or email the day before you pick up your box. These orders can be available when you pick up your weekly box.

# Recipes of the week...

## Dilly Mashed Potatoes

6-9 medium **potatoes**, chopped  
4 **carrots**, thinly sliced  
2 TBSP butter  
1/4 cup **onions**, sliced  
1 1/2 TBS fresh **dill** (chopped)  
1/2 cup plain yogurt or sour cream  
1/2 tsp salt  
1/4 tsp pepper  
1/2 cup shredded cheddar cheese (optional)

Boil potatoes and carrots together until soft. Drain, mash, and set aside. Melt butter in frying pan and lightly sauté onion and dill. Add to potatoes. Stir yogurt or sour cream into potatoes. Mix well and transfer to a greased 2 1/2 quart casserole dish. Sprinkle cheese on top and bake uncovered at 350 for 30 minutes. May be frozen before baking. If baking from frozen, bake 1 hour covered, then 20 minutes uncovered.

## Herbed Carrot Salad

3 cups **carrot** sticks - Boil until crisp tender, about 5 minutes.

Drain and cool slightly

Combine:

1/4 cup snipped fresh **dill**  
1/4 cup minced fresh oregano  
1 Tbls. minced fresh thyme  
3 Tbls. fresh lemon juice  
2 Tbls. olive oil  
1 Tbls. sugar or honey  
1 Tsp. grated lemon peel

Add carrots and toss. Cover and refrigerate

## Blueberry Smoothie with greens

1 cup skim milk  
1 frozen banana  
1/2 cup frozen **blueberries**  
1/2 cup low-fat vanilla yogurt  
1/2 cup chopped, fresh spinach (*kale or swiss chard can also be substituted. You will barely notice the taste, and it is an easy way to add greens to your diet*)

In a blender, combine all ingredients and blend until smooth. Makes 2 servings.  
One serving provides: 177 calories, 8 g. protein, 1 g. fat, 35 g. carbohydrate, 3 g. fiber



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